

# The Washington Times Magazine Page



for your boy, begin now and con-tique to keep him in trim, good

enough for either a fight or a frolic

Not one dull moment during his

waking hours is a good motto for

his mind. Not one setback in his

through neglect or dissipation, is a

good motto for his body. And the

last will make the first easy. He

young fellow at three-score-and

The Woman

Observer

When you are buying something

especially pretty, something dainty

and feminine, have you ever glanced up suddenly and seen the expres-

sion, a bit envious perhaps and a

bit sad, on the face of the sales.

Perhaps what you are buying

costs two or three times her week's

salary, weeks of patient service, of

nerve-racking days, of noise and confusion. All day, every day, she

handles the lovely things you so

carelessly inspect. To her they have become alive, she loves them. she

dreams about them at night, she

sees herself wearing them, but they

are not for her. All she can do is

to sell them to you. Her love for the beautiful must simply make it

possible for you to wear them. She

must flatter, cajole, recommend. Is

it to be wondered at that her

And doubtless you, you who buy her wares, never earned a dollar,

never knew what it meant to serve

—you just buy. And maybe the scale tips on your side when the

years are measured and it is Mid-

dle-Age who purchases the lovely

things and it is Youth who stands

behind the counter and may not

It is a sad world-sometimes, But

before life ends, things are usually

evened up. Everyone hasn't money

nor health, nor youth, nor friends,

nor children-yet everyone has

was shot by order of Napoleon in 1810. His son was ennobled

by the Emperor of Austria.

woman who is waiting on you?

health habit, his physical rhythm,

AKE every working hour of . there till the last trumpet sounds

your child a matter of alert-

ness and keen intelligence. Stupidity is not exactly a disease.

It is rather a habit which grows out of a poor adjustment of the

young life to its immediate sur-

roundings. It is not a very diffi-

cult task to keep a normal child in a ruddy glow of health and

thus to encourage the habit of a

The best way to give your child

a fresh, wide-a-wake mind is to

\* SPLENDID INVESTMENT.

vestment for the child's future.

Physical health and mental health

are both very much matters of

habit. If one can show an estab-

lished physical rhythm at twenty-

five, you are warranted in predict-

ing a relatively long mental life

All along the human highway as

I travel it extensively there are

strewn the wrecks of middle-aged

men who are weak apologies of

what they ought to be. They are stiff, inert, stupid and dull, no

longer even good as human sal-

vage. What is the mater? What is

the original cause of such wastage?

physical care during the early growing years. Slow circulation.

movement of the poison toxins into

the blood channels and into the

brain. The green, plastic organism

quickly yielded to these faults of

care-taking until the entire index

of the life force was permanently

PINK OF HEALTH.

pink of health, if only for the sake

hood many a man goes on the men-

tal scrap-heap at forty and stays

Wherefore, keep your child in the

set back or lowered.

retarded

My answer is: Bad or ill-balanced

elimination, backward

The sleep, the diet, the exercise,

keen, quick childish wit.

# THE INSIDE OF THE CUP A Story of Love and Spiritual Uplift by What You Owe Your Child By DR. WILLIAM A. MCKEEVER.

for It in Motion Pictures Personally Directed by Albert Capellani

the MacMillan Co., has been made into a motion picture by Cosmopolitan Productions and will be released as a Paramount-Arteraft

By Winston Churchill, Author of "Richard Carvel," "The Orisis" and Many Other Novels of World-Wide Popularity.

66 THERE he is," said the rector. "I think I can pick him "Yes, that's Preston," said his

father, staring hard at the picture. The face had developed, the body had grown almost to man's estate, but the hint of crispness was still in the hair the mischlevous laughter in his eyes. The rector gazed earnestly at the face, remembring his own boyhood, his own youth, his mind dwelling, too, on what he had heard of the criginal of the portrait. What had happened to the boy, to bring to naught the fair promise of this earlier pre-He was aroused by the voice of

Eldon Parr, who had sunk into one of the leather chairs. "I can see him now," he was say-

ing, "as he used to come running down that long flight of stone steps in Ransome street to meet me when I came home. Such laughter! And once, in his eagerness, he fell and cut his forehead. I shall never forget how I felt. And when I picked him up he tried to laugh still, with the tears rolling down his face.

ALL SEEMED WRONG. You know the way a child's breath catches, Hodder? He was

always laughing. And how he used to cling to me, and beg me to take in everything! He was a bright

"The Inside of the Cup," published serially here by permission of
the MacMillan Co., has been made
the MacMillan Co., has been made Brennan, the engineer, would al-ways beg to have him in the cab. And such sympathy? I had dreams of what that boy would become, but I was too sure of it. I went on doing other things-there were so many things, and I was a slave to them. And before I knew it, he'd gone off to school-that was the year I moved up here, and my wife died.

And, after that, all seemed to go wrong. Perhaps I was too severe; perhaps they didn't understand him at boarding school; perhaps I didn't pay enough attention to him. At any rate, the first thing I knew his whole nature seemed to have changed. He got into scrape after scrape at Harvard, and later he came within an ace of marrying a woman. \* \* He's my weakness today. I can say no to everybody in the world but to him, and when I try to remember him as he used to come down those steps on Ran. some street. .

AND THEN A WOMAY.

"He never knew how much l cared-that what I was doing was all for him, building for him, that he might carry on my work. I had dreams of developing this city, the great Southwest, and after I had gone Preston was to bring them to "For some reason I never wa.

able to tell him all this-as I am telling you. The words would not come. We had grown apart. And he seemed to think-God knows why!-he seemed to think I disliked him. I had Langmaid talk to nim, other men I trusted-tell him what an unparalleled opportunity he had to be of use in the world

To Be Continued Tomorrow.

### Why Not Use More Rice?

R for other foods. Its greatest that it can be used with all styles of cooking. Its chief ingredient is carbohydrates, the element that provides fuel for making human energy. When combined with the fats of

beef, veal, fowl or with the nitrogenous foods such as beans, peas, or cheese, the result is as perfectly balanced a meal as it is possible to secure. It adds greatly to the nutritive value of soups, stews and dressings and embellishes many fine dishes, especially oysters, clams. shrimps, crabs and all fish.

For infants or invalids there is nothing that lends itself, better than the curative, heating qualities of rice, possessed in greater degree than any other cereal because of its ease of digestion and nerve-building qualities.

A master recipe is given below, showing how even the most inexperienced housekeeper can secure the best results when cooking rice A batch of rice cooked in this way and served with rich, red-ham gravy, with syrup or cream or as a vegetable with meats, fowl or fish will prove a pleasant surprise to many a household where rice is not yet known as an all-round daily

RECIPE FOR COOKING RICE.

Wash rice thoroughly in a strainer. Use a deep porcelain or agate-ful of salt. Then add one cup of ing water add one level teaspoonful of salt. Then add one cuu of washed rice so slowly that water continues to boil. Lift rice occasionally with fork and shake bettle so that no kernels stick to bottom. But-this is important-never stir the rice. Boil twenty minutes Then pour water off, if any, and place in open oven where it will finish swelling without burning. Each grain will stand alone, plump, tender and delicious. Here are a few ways to prepare

RICE AND PEAS. Boil one cup of rice by the master recipe. Boil twice the measure of peas with one-half pound of salt pork until tender, but not broken. Add the rice to the peas. There must

be water enough to have them mix

Heavy Cold? Chest All Clogged Up?

Don't Give it a Chance to "Set In"—Use Dr. King's New Discovery

DON'T let it get a start. Dr. King's New Discovery will get right down to work, relieving the tight feeling in the chest, quieting the racking cough, gently stimulating the bowels, thus eliminating the cold poisons. Always reliable.

For fifty years a standard remedy All the family can take it with helpful results. Eases the children's croup. No harmful drugs. Convincing healing taste that the kiddies like. All druggists, 60 cents, \$1.20 a bottle.

For colds and coughs New Discovery

Feel Badly? Bowels Sluggish? laven't any "pep" in work or play? ou're constipated! The stimulating ection of Dr. King's Pills brings back old time energy, makes the bowels and liver respond to your strong healthy body. All druggists, 25c.

Prompt! Won't Gripe r.King's Pills

ly minced ham, a teaspoonful of grated onion and a tablespoonful of butter. Simmer a few moments and

RICE AND MEAT CROQUETTES. One cupful boiled rice. One cup chopped meat of any kind, half a teaspoonful salt, a little pepper, pinch of cayenne pepper, one tablespoonful butter, half a cup of milk and two eggs. Put the milk on to boil, add the meat, rice and seasoning. When it boils well, add the beaten egg. Stir it one minute and let cool. Shape into rolls, dip into white of egg and cracker crumbs and fry in deep fat.

SCALLOPED EGGS.

Butter a bake dish well and line with boiled rice. Over the rice place a layer of cold, hard-boiled, Sprinkle with salt, pepper and bits of butter. Then make another layer of rice covering it with another layer of eggs and seasoning. Cover this with still a third layer of rice and top it with, buttered bread crumbs moistened with a half cup of milk and bake twenty

RICE AND MEAT.

Place in a double kettle a cup and one-half of new milk, teaspoon-ful of butter, half a teaspoonful salt and let it come to a boil. Add a cup of well washed rice, cover and boil half an hour. Remove the cover and add a teacupful of chicken picked from the bones or of veal cut in small pieces, cover and cook again twenty minutes and

JAMBALAYA.

Cut a piece of fresh beef, veal lamb or pork (a pound) into small pieces an inch square and chop two or three onions fine. Put a large tablespoonful of sweet lard into a deep saucepan. When hot add the chopped pork with the onions and et them brown, stirring for five minutes, then add about the same amount of chopped ham as you have pork, and a quarter pound of chopped Vienna sausage. Next add the herbs, a bay leaf, a little parsley, two cloves with a saltspoon salt and brown a few minutes long-When all are nicely browned add two quarts of hot soup-stock or hot water. Let it cook about ten minutes; when boiling add a cup of rice washed and dried. Let boil until the rice is tender, stirring frequently to keep from burn-



## Follow This Great Serial Here, Then Watch IS MARRIAGE A SUCCESS?

TWO "BEARS" IN EVERY FAMILY.

Every couple getting married should remember there are two bears in every family. Bear and

None of us are perfect and to help marriage along we should learn each other's faults and make allowances for them.

Every girl should learn how to cook a real "honest-to-Pete" dinner. You know, girls, the way to a man's heart is through his stom-

ach, so be sure and give him three good meals a day and seven days The majority of girls should give up the idea of going back to work after marriage, and be willing to stay at home and make a home for

their husbands, no matter how The main trouble with the married women of today is, they don't

want babies. Instead of home duties, voile blouses and sticky baby fingers, office work, georgette waists, and

Now, don't think I am a soured old married woman. I'm not. happen to be twenty-five years old, have two dear babies, a big adorable hubby, love pretty clothes and a good time as well as anyone, but realize what the things are in life that go a long way towards

making marriage a success. Often the men are to blame for unhappy marriages, I grant, but if both husband and wife have married for love, it is usually the woman who can make or mar her home by her inefficiency. B. W.

SINGLE WOMEN HAVE BIGGER GAME TO PLAY.

I read two letters of advice to D. B. E. so dissimilar that the difference in the characters of the

writers is made plain. How lovely it was of "Experience" to advise him not to give up the one he loves for anything or anybody! I hope for him that his dear girl may realize her mistake in treating him as she does.

"A Sympathetic Friend" advises him to take no chance with divorced women. This man sees nothing but evil with his faundiced eyes. I say man, for it can't be that a woman wrote it. But I want to tell him that more women of the "neverbeen-married-before" kind have pulled the wool over men's eyes

### What Next?

The latest stunt of the uplifters has been to put through a "reform" by which two schoolgirls were sentenced to a day in jail because they

played hookey.

Next they will be declaring it a crime to have been born either a dare come into this world until they have grown up. If they keep this thing up all

the normal, sane people will be ready to move out, even if they have to move out to the ceme-We fully expect to see more

drastic laws now that hookey has been made a high crime. Other heinous offenses and the punishment therefor will probably be as follows:

For observing Halloween Thirty days in the workhouse. For hopping wagons-Fifty dol-

For eating green apples—Six months at hard labor. For throwing snowballs-One to three years in the penitentiary. For tying a tin can to a dog's tail-Life imprisonment.

For being a regular boy-Capi-

and tobasco or chile sauce. Serve very hot in bowls or on plates. FISH WITH RICE.

tal punishment.

Pick from the bones of cold boiled fish enough meat to make two cupfuls, season with salt, pepper ly with a tablespoonful of butter. Add one cupful of boiled rice, and yolks of four hard boiled eggs, mashed. Stir well, and place on a platter, and garnish with the whites and pickles chopped together. STUFFED VEAL AND RICE.

Take large bones from loin of veal. Stuff the cavaties thus made with a forced meat of chopped pork, rice, salt, pepper and onlon or sage. A few chopped mush-rooms will improve it. Cover the cupful of stock into the dripping pan with the meat and baste the first hour with butter and water, after that with the gravy in the Remove the meat to a platter and stir into the gravy one-half cup chopped mushrooms and a little browned flour, Have ready some boiled rice with grains thoroughly separated and seasoned with sait, pepper and onions. Place around the dished veal and over the whole pour the made gravy.

RICE WITH TOMATOES. Wash a cup of rice, dry on stove, fry in one tablespoon of hot lard and when light brown, stir in one finely-chopped onion, fry ten minutes, next add a tablespoon tomato paste, chopped garlie, parsley, pepper and salt; cover with hot water, cook slowly, never stirring. Sausage cut in small pieces or chicken giblets may be added.

### A Daily Recipe

ITALIAN DRESSING. 3 tablespoons tomato catsup. tablespoons salad oil,

1 tablespoon vinegar. 2 tablespoons finely chopped green peppers. Put catsup into bowl; add the oil and vinegar, stirring slowly all the time; add chopped peppers and set in cold place until eady to use.

#### WHAT DO YOU THINK?

Write frankly, briefly, and truthfully your views on the problem, "Is Marriage a Success?", If you think it not altogether a success, do not fail to suggest what you think is the remedy, WHAT is the trouble, and what could be done. Write in your opinions, experiences, and suggestions. Write frankly and fearlessly-your confidence will be respected. No names of writers published except with the writer's consent. Use only one side of the paper.

Address your contributions to MARRIAGE EDITOR,

> The Washington Times, Washington, D.C.

than divorced women. The single + ing since then what kind of a being ones have a bigger game to play. Whether divorce is a reflection on the character of a woman depends on whether she divorced or was divorced and the circumstances surrounding the case.

Let me tell this man that the lives of some of these divorced women are a white contrast to the lives of a great number of neverbeen-married women and girls. Who would cast a slur at "Pershould she obtain a divorce from the scoundrel who blighted her life

"Be thou as chaste as ice, as pure as snow, thou shalt not escape calumny." A DIVORCE WOMAN.

by his lies and low affair with an

A BLOT ON FAIR NAME OF HER SEX.

I noticed a letter signed "Never Any woman who thinks no more Too Late," and I have been wonder- of her own self-respect, than to

that she will wantonly marry a man when she knows she leves and can have another? Will any respectable woman live with a man for four years-take away four years of his life that might have been happy with some good woman who would make him a real wife. Is any man fool enough to love such a woman? If there is one, and he has made any advances then he is not a man at all, and is a worse

insult to his sex than the one he

Can any woman be so inhuman

She says her husband is fealousjealousy is only mistrust and he surely has been blind if he has lived with her four years and has mistrusted nothing. May he soon get his eyes open to the kind of a woman he is working to support and to

### Reviews of Late Books

this book, representing sixty-five different professions, unselfishly tell over their own signatures the secrets of the hidden treasure of their lives. They make the Philosopher's Secret known and the many readers whichthe merits of this book will surely win for it may walk over beaten paths up the hill, laborously perhops, but confident that the best things are worth going after. Success can be achieved "by any young man," as one of the suggestive contributions so forcibly portrays it, if he is only willing to pay the price, and these fascinating testimonials of real successful men tell what the price is. Most of the contributors to the pages of this book testify that the making of money was by no means their chief end. cause their guiding star in life was to serve and work. Integrity, courage, clear conscience, and a real fine character were the most valued and cherrished of all their possessions. This book with its stirring messages will call many a young fellow to en-

by 160 present-day men of achievement especially for this book. Philadelphia and London: The Vir Publishing Company.

The writers of the 160 articles in middle aged men to make his life also worth while. It will prove a most practical and appropriate gift to every young ambitious fellow, and many employers will give a copy to the young and middle aged men to their sounds. will give a copy to the young and middle-aged men in their employ.

HOW TO REDUCE (new waistlines for old). By Antoinette Donnelly. New York: D. Appleton & Company. Here is a book that tells people who are overweight and those who are gaining weight too rapidly exactly what to do to get thin-it doesn't frighten them with "don't." falls for the unwary fat-inclined and the reasons for reducing are presented in a concise and pithy way. The diets and menus are a reassurance duce, but is afraid, picturing himself a martyr, half-starved and unhappy. Seven complete and varied diets are furnished. THE STORY OF THE AMERICAN RED

CROSS IN ITALY. By Charles M. Bakewell. New York: The Macmilan Company. Tells of the establishment of relief

centers, workhouses, traveling can-teens, hospitals, and all the details connected with the work of relief for Italy in her distress.

write a letter knowing it will be glory in the fact that she, a mar. ried woman, loves some one else, is in my opinion, one of the worst possible blots on the fair name of Baltimore, Md.

I wish to say just a few words to the author of "Woman Is Good Genius." I believe that it embodied the loftiest thoughts and the best conceptions that have ever been penned by a young man on "Wom-I thought that modern man regards woman as a plaything, a mere toy of his caprices, useless in life, but am glad to note that there are exceptions that know the value and wholesome influence of

AND JUMP IN RIVER. it necessary for that purpose. MRS. J. A.

#### What Every Park Bench Knows

quickly than any other way.

That a conversation which begins with the weather is apt to wind up with the moon. That a ribbon clerk in his summer

flannels can exhale a Wall Street That a dame of forty summers

in her teens. That a stenographer in her sport sweater can pass for an heiress in

### That hand-holding is not dying

#### keep, his body in a condition of rhythm and healthy growth. "Early WOMAN MAKES WORLD to bed and early to rise makes a WORTH LIVING IN. many healthy, wealthy and wise." True enough for a man, but still more a necessary maxim for the child.

the bathing and the medication necessary for the health and poise of the boy or girl may seem to require a heavy expenditure of the time and energy of the parents, but woman in man's life. it all proves to be a splendid in-

Mr. Acosta has perfectly portrayed the delicate functions of woman and what she might accomplish in her diverse relations. And I wis that those men who have morbid prejudice against woman would read Mr. Acosta's article. They surely will be convinced that if this world is worth living in it is because there is woman, A LADY TEACHER.

SHOULD COUNT THREE

In reply to "A. C. S.," that a dog and a cat are much cheaper to care for than children, I would like to say that she ought to count three and jump into the river. A whole lot of good it would be to increased population if every married couple preferred cats and dogs. In all sense of decency, I must say that if a person has no further desire than to look after cats and dogs, that person should remain single. Marriage was not instituted nor is don't believe in having so large a family that in order for one to have another must be deprived. I am a very young girl, happily mar-ried, with two darling babies, and the idea of married people prefer-ring cats and dogs rather than children filled me with indignation, and also pity for a man whose family consists of a wife, a cat, and a bull-

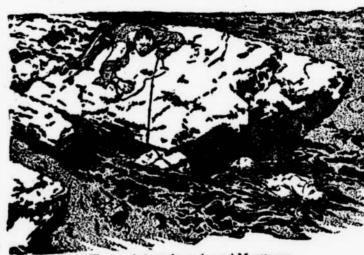
That a flirtation can be started by the palm-reading stall more

That it never will.

#### something. Seek it and be happy. of his mental powers and his spiritual longevity. The clogging of the young body means dullness This Day in History. and non-attention, but the healthy child should sparkle with wit and This is the anniversary of the alertness during every waking hour birth, in 1767, of Andreas Hofer, of the day. At all times he is either a patriot leader of Tirol, who opwide awake or sound asleep, but never merely half and half. posed the French invasion. He

have them.

Hit the Trail to God's Country James Oliver Curwood



Read the latest and best Curwood novel The Valley of Silent Men

ADVENTURE with him into the wild places and meet the manhood and womanhood of the Far North. You will not only read-you will live the story of Sergeant Kent, the best man-trapper in the Royal Mounted, who lied gloriously to save a friend -the story too, of Marette, that wonderful little goddess of

#### The Valley of Silent Men By James Oliver Curwood

who wrote "The River's End" James Oliver Curwood portrays great souls and strong who wage their battles of life and love in

open spaces. Before he wrote "The Valley of Silent Men," he himself travelled down those fabled streams, flowing north with the wild "river brigades" of God's Country.

No wonder that he has such a large and loyal following. No wonder that more than 105,000 copies of The Valley of Silent Men were sold before publication day.

Hit the trail to God's Country with James Oliver Curwood, in "The Valley of Silent Men," illustrated by Dean Cornwell. Get your copy today, wher-

ever books are sold-\$2.00

Osmopolitan Book Orporation 19 WEST FORTIETH STREET, NEW YORK.

# —you can read the BEST

There are 6000 new books on the shelves this Autumn. Each publisher naturally thinks his own the best and tries every way to convince you of it. But—the real test lies with book-lovers themselves.

-and these Are the Books They BUY

You Can't Read 6000 Books

"THE VALLEY OF SILENT MEN"—a I novel of the manhood and womanhood of the Far North, by James Oliver

Curwood, sold 105,000 copies before publication. It is the best selling book in the United States to-day. "KINDRED OF THE DUST"- a story of

folks who grow in the great Northwest, by Peter B. Kyne, was the best selling book until "The Valley" was published. Now second only to Curwood's big success.

"THE RIVER'S END"- another novel of God's Country by James Oliver Curwoodpublished a year ago, is still in such demand that sales are still breaking records

"UNEASY STREET," by Arthur Somers Roche-the liveliest novel of the year-is the most popular mystery story of 1920.

Cosmopolitan Books you can't afford to miss

Kindred of the Dust 2.00 By Peter B. Kyne The River's End By James Oliver Curwood Uneasy Street By Arthur Somers Roche Brite and Fair 1.90

3.00 By Irving R. Allen Buffalo Bill's Life Story 3.00 An Autobiography Robinson Crusoe - with sixteen wonderful illus-5.00

The Reading Public is Buying these books, enjoying them and recommending them. They are on sale at all good book stores.

osmopolitan Book (orporation

The Valley of Silent Men 2.00 By James Oliver Curwood

By Henry A. Shute YOU-a Success Book

trations by N. C. Wyeth

119 West Fortieth Street, New York